



## M & R WATERCRESS & NUT TRIO PESTO PASTA

### Recipe Highlights

- Fresh M & R Watercress used
- Dairy-free, vegetarian- and vegan-friendly
- Pesto is best consumed fresh
- Pesto can also be used in salad dressings, as a dip and as a spread for breads

### PASTA

**Preparation Time:** 5 Minutes

**Serving Size:** 1 cup cooked (about 100g cooked)

**Cooking Time:** 8 to 10 minutes

### INGREDIENTS

375g spaghetti, whole wheat, dried

Water

**Note:** You can use your preferred choice of pasta for this recipe.

### WATERCRESS & NUT TRIO PESTO

**Preparation Time:** 15 Minutes

**Serving Size:** ¼ cup

**Yield:** 6 servings

### INGREDIENTS

150g M & R Watercress, chopped  
(about 1 bunch of M & R Watercress)

1/3 cup extra virgin olive oil

¼ cup walnuts

¼ cup almonds

¼ cup pine nuts

¼ cup garlic, chopped

10g basil, fresh

2 Tbsp lemon juice, freshly squeezed

1 Tbsp black pepper

1 tsp salt



Photo credit: Novella Lui, RD @rdfoodtravels

### INSTRUCTIONS

1. Wash M & R Watercress in water. Use a salad spinner to remove excess water from the watercress. Then, take the watercress bunch and chop into three small bunches.
2. Add chopped M & R Watercress, and all other ingredients into the food processor. Pulse 10 times for about 1 to 2 seconds with each pulse.
3. Pour pesto into bowl and use a spoon to mix the ingredients together.
4. Mix ¼ cup of pesto for each 1 cup of cooked pasta.

**Note:** If you do not have a salad spinner, you can use paper towels to pat dry the watercress to remove excess water.

Recipe created by Novella Lui, RD  
Registered Dietitian & Nutrition Consultant

## NUTRITION INFORMATION

NUTRITION INFORMATION (PESTO & PASTA) Per ¼ cup pesto and 1 cup cooked pasta		NUTRITION INFORMATION (PESTO) Per ¼ cup serving	
Calories (kcal)	338	Calories (kcal)	214
Fat (g)	22	Fat (g)	21
Saturated Fat (g)	2.5	Saturated Fat (g)	2.4
Trans Fat (g)	0	Trans Fat (g)	0
Cholesterol (mg)	0	Cholesterol (mg)	0
Sodium (mg)	405	Sodium (mg)	402
Potassium (mg)	257	Potassium (mg)	213
Carbohydrate (g)	32	Carbohydrate (g)	6
Fibre (g)	5	Fibre (g)	2
Sugar (g)	2	Sugar (g)	1
Protein (g)	9	Protein (g)	4
Vitamin A (RAE)	45	Vitamin A (RAE)	45
Vitamin C (mg)	16	Vitamin C (mg)	16
Calcium (mg)	80	Calcium (mg)	65
Iron (mg)	2	Iron (mg)	1
Vitamin D (µg)	0	Vitamin D (µg)	0
Vitamin E (mg)	6	Vitamin E (mg)	5
Thiamin (mg)	0.2	Thiamin (mg)	0.1
Riboflavin (mg)	0.1	Riboflavin (mg)	0.1
Niacin (NE)	3	Niacin (NE)	1
Folate (DFE)	18	Folate (DFE)	13
Vitamin B6 (mg)	0.2	Vitamin B6 (mg)	0.1
Vitamin B12 (µg)	0	Vitamin B12 (µg)	0

Recipe created by Novella Lui, RD  
Registered Dietitian & Nutrition Consultant



Family Owned Business and all products are 100% grown and packed in the USA  
Proud Member of the PMA  
280 Daines Street, Suite 300 Birmingham, Michigan 48009  
Please Contact Roger Zlotoff at 248.645.9220 for more information  
<http://www.mrfarmsllc.com>